

## Aristotle on a Good Human Life

One of the most common questions a human being may ask is that of “what is the meaning of life?” We often think of it as our life’s goal to find meaning, and most conclude that the meaning of life is to be a happy, good person. But what exactly makes a good person? Virtue Ethics is a broad term that refers to any theory or methodology that focuses on good of character. That is, what can we do to live a life that can be considered “good?” Theories of virtue ethics stem from the ideas of ancient Greek philosophers such as Plato, Aristotle, and the Stoics, and their ideas persist today. I will be presenting Aristotle’s account of virtue as the state of something when it is at its most excellent condition. I will use the example of walking in the woods at night to illustrate what he thinks a virtue is. I will also discuss Aristotle’s definition of vice and how it is related to the concepts of intermediate, excess, and deficiency. I will then discuss T.D. Roche’s essay, “Happiness and the External Goods.” I will conclude by criticizing Aristotle’s ethics on the grounds that it is hard to distinguish between what exactly is too much or too little of an emotion, as well as the fact that his idea of a blueprint created by our actions is highly contradictory to his concept of human growth.